

Pre-Pregnancy Obesity

Issue

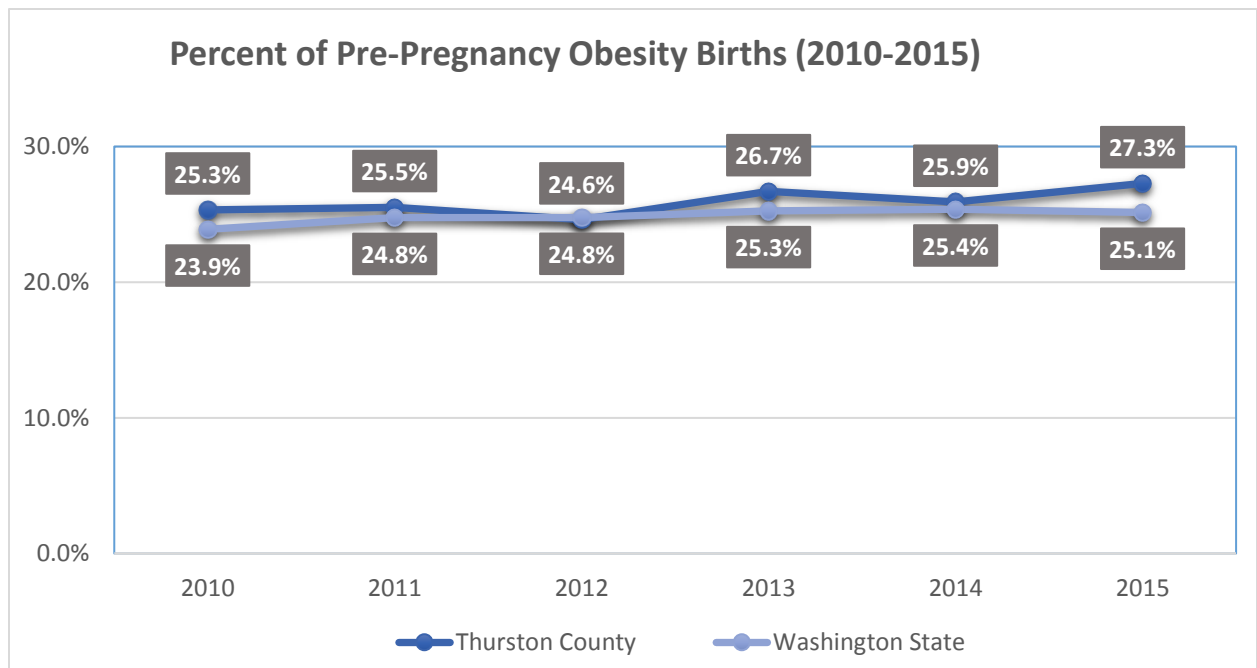
A woman’s weight prior to pregnancy can have a significant impact on her health and the baby’s health throughout pregnancy and childhood. A growing number of reproductive age women are overweight or obese. Mothers who are obese prior to and during pregnancy are at an increased risk of high blood pressure, preeclampsia, gestational diabetes, cesarean delivery, sleep apnea, miscarriage, hemorrhage, and infection. Infants born to mothers who are obese prior to and during pregnancy are at an increased risk of birth defects, high birth weight, premature birth, and challenges with weight as adults.

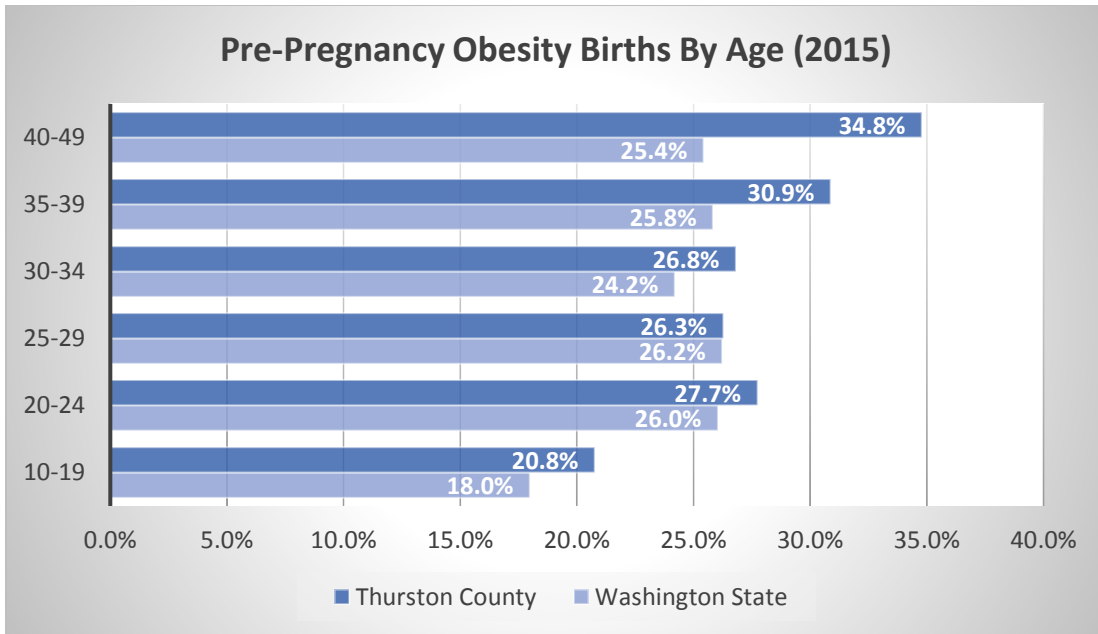
Births By Year, Thurston County	
Year	Pre-Pregnancy Obesity
2010	733
2011	785
2012	759
2013	799
2014	811
2015	824
Average	785

Findings

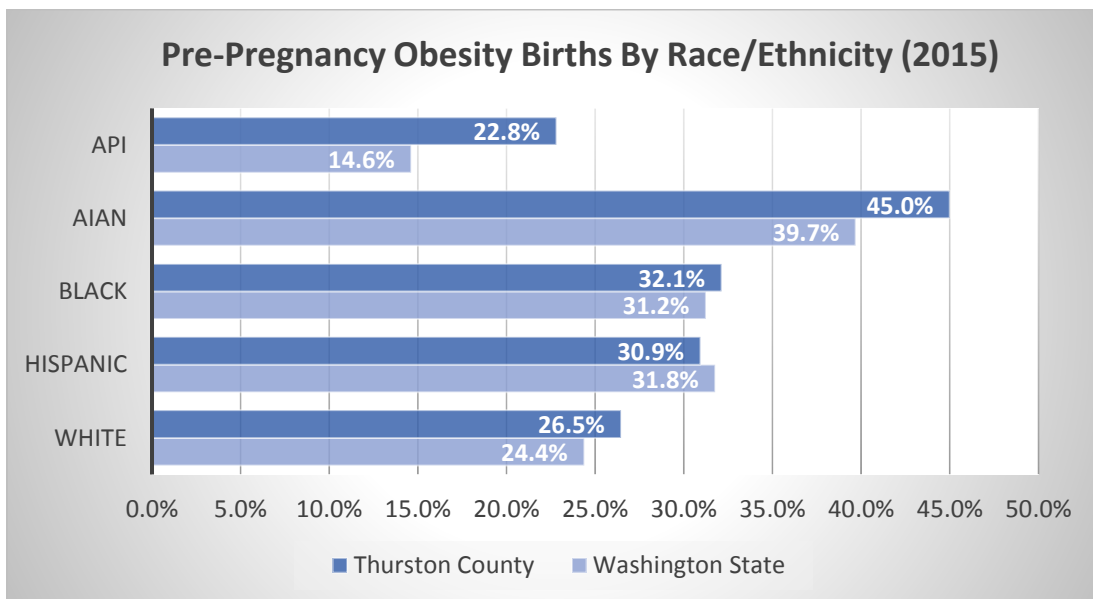
Pre-pregnancy obesity rates are on the rise for Thurston County and Washington state overall.

- In 2015, 27% of women in Thurston County who gave birth were obese when they became pregnant. This is the highest rate the county has experienced in the last decade.





- In Thurston County, women ages 35-39 and 40-49 years old are experiencing much higher rates of pre-pregnancy obesity compared to other age groups.
- Washington State has better rates of pre-pregnancy obesity across all age categories when compared to Thurston County.



- Close to half of all American Indian/Alaska Natives are obese prior to and during pregnancy in Thurston County (45%). This rate has greatly increased for this group since 2010 (31%).

Data Notes:

- Obesity: Having a body mass index (BMI) of 30 or more
- AIAN: American Indian/Alaska Native
- API: Asian and Other Pacific Islander
- Hispanic: Of Hispanic or Latino origin. Hispanic is not defined as an official race category
- Average: Average number of births that occurred from 2010-2015

Data Source: Birth certificates prepared by Thurston County Public Health & Social Services Department

For more information:

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